

Project PRISM - Call for Donations

Ed Luban

Project PRISM is a program of the Onondaga County Probation Department and the Salvation Army. It is an intensive probation program for kids in the Family Court system who are at risk of being placed out of their homes. PRISM combines close supervision by probation officers/case managers with tutoring, recreation, independent living skills, employment, counseling, community service, and other services as needed by the kids and their families. The program currently serves 60 kids.

Bob Dougherty, a PRISM probation officer, has run a cycling program for PRISM kids for several years. Using donated, mostly old bikes and parts, he takes the kids on road and off-road rides. 10 of these kids completed the Tour de 'Cuse last month, which was a great accomplishment for them.

Bob's program needs bikes and bike parts. The most urgent need is for decent tires. The Board has decided to buy a dozen road and half a dozen off-road tires and donate them in the club's name to the program. However, no club funds will be involved. Instead, we are soliciting donations from individual members to cover the cost, approximately \$125.00. (We will buy the tires at this greatly reduced price from Bicycle Alley, which already works with the PRISM program.) If you would like to contribute to this worthy cause, please contact me by email (eluba@dreamscape.com) or phone (449-1722 (h), 472-1935 (w)).

If you are interested in donating a bike to the program, please call Bob Dougherty directly at 479-1107. Donations are handled through the Salvation Army, and you will get a generous charitable deduction.

We have also invited Bob and the kids to check out our novice/family rides, and they may join us later in the season. If anyone has other ideas on how we can work with and help this program, please let me know.

Senior Games Thanks

Paul Kocher

I want to pass along my thanks to the Onondaga Cycling Club for the excellent job in the running of the Cycling competition in the 1999 Empire State Senior Games. The venue in Camillus was a great location, it was safe, clean, and well run. My compliments to all the club members who volunteered on Saturday, and Sunday, and a job "well done" goes to Bill Kocher, who did such an outstanding job in the coordination of the three races. I've competed in three Senior Games in NYS, and one in Maine, and this was by far the best organized event. Also my best to all the OCC members who competed in the races and took so many awards.

Tug Hill Weekend

October 1-3, 1999

Road bike, mountain bike, hike...simply enjoy the fall foliage and all the north country has to offer. Experience country hospitality combined with delicious home style meals at the **Pioneer Lodge**. Maps provided. Reservations and deposit required. For more details call: **Joan Yungwirth and Jim Ryan (451-1616)**.

Saved By The Helmet Club

Mary Handley

The New York State Department of Health's Bureau of Injury Prevention, the Brain Injury Association of New York State, and the New York State Governor's Traffic Safety Committee are pleased to announce the 1999 Saved By The Helmet Club. The Club has been established to recognize those individuals who wear safety helmets, and who have survived an event in which they were saved from head injury, brain injury or death by having worn their helmets while bicycling or in-line skating.

We are asking for your assistance in identifying potential Club members. Anyone who has been protected by a helmet in a bicycle or in-line skating crash may become a member of the Club. Each member will receive a certificate of membership, an official Saved By The Helmet Club t-shirt and a chance to win a new safety helmet. Membership in the Club is absolutely free. The only requirement is to complete an application/nomination form and send it in by December 31, 1999.

The Saved By The Helmet Club is also interested in the stories of those who have been saved by helmets. Please share your story so we can promote the use of safety helmets. Call 463-2498 for an application.

Fall Century Soon

The OCC fall century ride (Dick Richards Century) will start from Carpenter's Brook in Marcellus on September 12, 1999. Look for the application in the September newsletter (the application will also be available by August 15th via a link from the OCC web page). Lots of good food and drink will be available after the ride, so mark your calendars and get in some miles.



Onondaga Cycling Club, Inc.
P.O. Box 6307 Teall Station
Syracuse, NY 13217-6307

Board of Directors & Other Club Positions

President: Bob Spear
 Vice President, Fourth o' July Century: Gianfranco Vildali
 Secretary: Deb Virgo
 Treasurer: Erik Wennberg
 Newsletter Editor, Contact to USCF: Tim Bingham
 Bicycle Advocacy, Contact to LAB, SMTC: Chad Bradshaw
 Media Relations: Mary Ellen Johnson
 Time Trial Director: William Kocher
 Cartographer: Ed Luban
 Membership Director: Robert Ruth
 Mailing Coordinator: Kathy Same
 Ride Schedule: Bob Swizdor
 Fall Century Director: Steve Ransford
 Merchandise Director: Ed Keplinger
 Director: Russ Zackevich
Special Events: Bill Johnson
Mountain Bike Coordinator: Scott Wright
Criterium Director: Chuck Dominick

The Spoke 'n Word Newsletter

The Spoke 'n Word is distributed to households of OCC club members free of charge. This newsletter is an open forum for club announcements, activities, and for articles by club members. Members are invited to submit items for publication to the club address or editor address before the deadline dates below. Electronic format is preferred. Photos submitted will be made available for pick-up or returned via SASE. Club members may submit cycling-related classified ads free of charge.

Tim Bingham
 126 Jamesville Ave Apt E4
 Syracuse, NY 13210
 315.478.7750
 binghamt@hscsy.edu

Advertise in the Spoke 'n Word

OCC invites individuals and businesses to advertise in The Spoke 'n Word. We offer competitive rates for ad sizes from business card to full page. Discounts are available for larger ads and for half-year (6 issues) and full-year (12 issues) runs. Please contact the editor for information.

Spoke 'n Word Submission Deadlines

September Issue, arriving in late May - Friday, August 6
 October Issue, arriving in late September - Friday, Sep 3
 November Issue, arriving in late October - Friday, Oct 8

OCC on the Internet

Our home page is www.hscsy.edu/binghamt/occ/. The OCC email discussion list address is occ@list.hscsy.edu. To subscribe to the list, send email to majordomo@list.hscsy.edu with the line

subscribe occ John Doe

in the body of the email message.

To Become an OCC Member

Fill out this application form and send it to the OCC with the appropriate fee. Make checks payable to: Onondaga Cycling Club, Inc.

Single \$20.00
 Family \$30.00
 Youth \$5.00
 Contributing \$10.00

Name: _____
 BirthDate: ____/____/____
 Phone: _____
 Address: _____
 _____ Apt _____
 City: _____ State ____ Zip _____
 Email: _____
 Occupation: _____
 Bus Phone (opt): _____
 Other Family Members:
 Name: _____ DOB: _____
 Name: _____ DOB: _____
 Name: _____ DOB: _____
 Name: _____ DOB: _____

Waiver:

In consideration of my membership in the Onondaga Cycling Club, Inc., I do hereby waive myself, my heirs, executors, administrator and assigns all rights and claims for damages I might have against the Onondaga Cycling Club, Inc., its officers or members and assigns for any and all injuries suffered by me while participating in any scheduled activity of the Onondaga Cycling Club, Inc. I will be completely responsible for any minor that I may bring to a scheduled activity. This waiver pertains equally to travel- ing to and from any scheduled activity.

Signed: _____ Date _____

Consent for Individual Youth member:

Signed: _____

D	C	S

A Broken Spoke

Bob Spear, OCC President

The Spoke 'n Word. Well, the word is that the OCC wheel suffered a couple of broken spokes in the past month but continues to roll along. If you consider that we have approximately 25-30 riders on 120 rides during our season and if you add the 50 club-members who also pedal on 3-4 non-scheduled rides per week and then factor in the TT venue and the race team training rides, a total greater than 10,000 opportunities for something bad to happen presents itself. Most of us will get caught up in an "incident" a time or two in our lifetime biking experience. Some are just badder than others. Fortunately, spokes are repairable if not replaceable and we're soon back on the road. Thanks to all the clubbies who commiserated with me about my recent "sudden-get-off." I'll see you on the road hopefully about the time you read this. Meanwhile, keep the rubber side down and keep on pedaling! But remember, no sprinkler system on a long pole sticking out from the pace vehicle, ala Gerry Tatrai on last year's RAAM will be allowed.

Other words are few unless you want to discuss books recently read or how to make time pass when you're not riding. News from the OCC Internet discussion group has been relatively sparse. Hot, hot, hot seems to have been the overlying theme on the summer rides thus far. Forty-five riders showed up for the July, metric or English century. It was hot. At 1100 hours I was racing a support vehicle up and down Higgensville Rd, over in Oneida County, looking for the peloton who were looking for a water stop that I couldn't find. Fortunately, we did find one another. A report came in that "the geezers stopped for Orwellian Ice Cream again !! Plus wetook a trip up to the Salmon River Falls. Back in the parking lot we noticed <edited> advertising a BBQ chicken fund raiser... sooooo, we did yet another good deed !

Finally, a plug for the MS 150 ride coming up on August 28-29. It's a NEW OCC route which rolls over to Seneca Falls (60 miles) for an overnight at the old Eisenhower College - now a chiropractic institute whose name escapes me. Then, on Sunday, returns by a different route (50 miles). Some of our 1998 century roads plus some new ones. Riders from all over upstate New York are meeting at Seneca Falls on this fund-raiser. Applications are at the Bikery and Wayne's. Call 1-800-Fight-MS, ext. 5333 for more information. And keep that red-covered schedule booklet handy.

Time Trial Trivia

Bill Kocher

As of 6 July 99, we have reached the halfway point of the time trial season and a total of 171 riders have participated several new P.R.s have been set by Doug Taylor 26:49, Fred Bulken 24:43, Jason Dellilo 23:22, Dave Resseguie 23:19 and Rob Coapman 22:58. The points leaders are Bob Hinman 12, Paul Ashbarry 11.5, Skip Carr 11.5 and Norm Ashbarry 11. Remember to be eligible for an award you have to volunteer at

Gear-To-Go Tandems

Tandem and Recumbent Bicycles

www.gtgtandems.com



least one night helping at the time trials. I would like to thank all the members of the OCC who participated in and volunteered to make the 1999 Senior Games a success, as we had a lot of positive feedback from all involved.

Editor Wanted

Tim Bingham, Current Editor

I'm looking for a volunteer to take on some of the duties of the OCC editor. Duties include accepting articles, advertisements, and ad payments, compiling them into a neat package, then sending them to me. I can still be the layout editor and will transport the finished copy to the printers. Volunteers should be familiar with email and working with text and graphics in electronic format. If you'd like to take a stab at the job, please drop me a note at binghamt@hscsyr.edu.

A Lost Dream

John Burgess, M.D.

I had entered the Empire State Senior Games for as you who have read my previous masterpieces know my great ambition was to race again, something I had not done since I was a teenager.

I entered the 5km time trial in order to make sure I was fit enough to tackle the 20km mass start race the following day. I had ridden the mass start course a few times since I knew that Bill Kocher had described it as "a challenging course" and I wondered if I was strong enough to race it.

I turned up on Saturday morning and realised I was a bit out of my class seeing others with carbon fiber frames, etc., but was determined to do my best at least in my age group.

Off I went and despite being passed, I felt I had ridden as hard as I was capable of and after finishing rode slowly back to the fire station. I took a drink and sat down to change my shoes when I felt as though a heavy weight was pressing on my chest. "Oh my God, not again" I thought, as memories of the Tour de Cuse two years before with ambulances, emergency rooms, and balloon angioplasties loomed large. I sat still for fifteen or twenty minutes and gradually the pain departed.

(A Lost Dream...continued from previous page)

With a rueful shrug, I thought "You are an ex-bicycle racer" but then another thought interposed, "I am not prepared to die to satisfy a teenage ambition" and hence, I'm afraid I shall never be able to boast, "I rode a mass start cycle race."

BOD Meeting Highlights

Deb Virgo

The Board of Directors met on Monday, July 12 at the home of our recuperating president.

Membership: We have 339 members.

Treasurer: Erik gave a detailed report of the Criterium expenses and incomes. As of July 21 we are seeing a net profit of about \$1000, and more sponsors checks are due in.

Publicity: Laura Hand of TV 3 news called Mary Ellen Zackevich (congratulations, Russ and Mary Ellen!) to come in for an interview about the club. She and Russ will go to the studios with their bikes on July 13 at noon.

Senior Games: All thought that they went very well, with only a few minor problems. Bill Kocher is interested in repeating his excellent work next year.

Club Picnic: We passed a motion to provide Chad Bradshaw \$75 for supplies for the picnic at Highland Forest on July 25. Road and mountain bike rides will be held.

Project Prism: Ed Luban told us about the needs of this project for bicycles and bicycle parts. It is an intensive program for youth who are at-risk and part of it is a bicycling program. A motion was passed to donate approximately \$125 worth of road and mountain bike tires purchased at Bicycle Alley to Project Prism. We will set up a club account for individual donations so the club will not need to lay out its own funds.

Century: Gianfranco Vidali was congratulated on an excellent course. About 40 people showed for the ride, and about half did the full century. Gianfranco is looking for ways to include the nicest roads on the metric century loop for next year.

Ed Kepplinger brought up the idea of running a 1 mile time trial on the parkway on Parkway Sunday. He has spoken to the county parks people and they are willing. The board thought this was an excellent idea, but decided to table it until next year due to scheduling constraints.

The next meeting will be held on Sunday, August 1 at 7 PM at Bob Spear's.

Mailing List

One of the OCC Criterium's main sponsors, Saturn of Syracuse, has requested our club roster. If you do not wish your name and address to be given to Saturn, please send a note saying so to the club P.O. box address in the front of this newsletter.

Edward Luban Attorney at Law

General civil practice, with an emphasis on education and immigration law

317 Montgomery Street
Syracuse, New York 13202
(315) 472-1935

Race Results

Empire State Senior Games

5k Time Trial

Men 50-54: 1 Chuck Dominick; Men 55-59: 2 Pete Von Zwehl; Men 60-64: 1 Paul Kocher, 2 Jim Price; Men 65-69: 1 Bob Hinman, 3 Larry Comfort; Female 55-59: 1 Gail Ferat; Female 65-69: 1 Mary Frances Comfort

10k Time Trial

Men 50-54: 1 Chuck Dominick; Men 55-59: 3 Pete Von Zwehl; Men 60-64: 1 Paul Kocher, 2 Jim Price; Men 65-69: 2 Bob Hinman, 4 Larry Comfort; Female 55-59: 1 Gail Ferat; Female 65-69: 1 Mary Frances Comfort

20km Road Race

Men 50-54: 1 Chuck Dominick (1st overall), 2 Bill Downey (3rd overall); Men 55-59: 4 Ron Beckman (7th overall), 5 Pete Von Zwehl (8th overall); Men 60-64: 1 Paul Kocher (9th overall), 2 Jim Price; Men 65-69: 1 Bob Hinman; Women 55-59: 1 Gail Ferat

Tug Hill MTB Challenge Series

Expert Vet: 1 Joe Pechacek, 2 Dave Faso

AWD/Marcus Dairy Milk Race

Masters 45+: ~25 Ed Luban

New Lisbon Road Race

Women: 2 Laura Miller, 3 Christy Saint; Cat 4-5 Men: 2 Brian Hahn, 8 Rob Coapman, 12 Tim Bingham, 13 Greg Low, 20 Chuck Dominick, 21 Andrew Diekema, 23 John Saint, 26 Bill Stiteler

Fitchburg-Longsjo Stage Race

Women 4: 16 overall (12 time trial) Christy Saint

Johnstown Road Race

Women 1/2/3: 16 Laura Miller; Women 4: 4 Christy Saint; Men 55+: 3 Chuck Dominick; Men 45-54: 15 Eddie Luban; Men Cat 3-4: 17 Brian Hahn; Men Cat 5: 19 Andrew Diekema, 21 John Saint, flat Greg Low, ? Ted Diamond

Upcoming Events

Items in italics are not confirmed.

The next BOD meeting is Monday, August 1 at 7:00pm at Bob Spear's house. Any member wishing to attend is invited. Call Bob at 474-3801 for more information.

August

- 1@9 Railroad Ride.
Preb 45-90 sH 607-753-8892
- 4@6 Van Buren Medley
VanBur 20-35 R-H 454-0852
- 6@10 Jim's Choice: Lakes
Mar 30 H 607-753-8892
- 7@9 Westward, ho!
#6981 Kingdom Rd 10-50 gR 689-3502. From Memphis says the "bent guy and as a double bonus, an invitation to swim and "barbecue".
- 8@9 The B & B Double Metric. Tour of the Salmon River Watershed.
Par 30-125 R-H 474-3801
- 8 Great Race Triathlon, Auburn, NY
- 11@6 Skaneateles Supper (nee' B'fast) Ride
OLP 20-35 gR 451-1616
- 13@10 John's Choice: North by northwest
Phx 33 gR 699-8892
- 14@9 of Silk and Swamps
Phx 15-40 F/R 699-4916. Includes a NOVICE ride 446-2380
- 15@9 Camden-Boonville
Camden 40-72 R-H 298-5378
- 15 Canal Classic Road Race, Little Falls, NY
- 16-22 OCC Adirondack Attack
607-753-8892. The traditional vacation ride returns to the Adirondacks this year.
- 18@6 Jordan Jaunt
Cam 9-39 F/R 451-1616
- 21@9 Limeledge-Otisco Loop
CarBrk 20-33 sH 252-2127
- 21 Tour de Loop Road Race, Oswego, NY
- 22 Tour de Loop Criterium, Oswego, NY
- 22@9 Ridges of Madison County, Vol. 3
Chitt 37-68 sH 449-1722
- 25@6 Little Canada Cruise
Brew 20-35 gR 298-5378
- 26@10 Jim's Choice: Nottingham
SyrE 38 H 607-753-8892
- 28@9 Otisco Valley View
Mar 19-50 R-H 476-4637. Includes NOVICE ride 487-2703.
- 29@9 On the Trail of the Loomis Gang
Morris 40-69 R-H 495-2911
- 29 Chris Thater Criterium, Binghamton, NY

September

- 1@5:30 5 Bays, the other Way
Cic 20-35 F or sH 458-4593
- 2@10 Jim's Choice: Sixty River
OLP 40 R 607-753-8892
- 4@9 The Triple Threat Throwdown Part I
Fay 32-64 gR 437-9280
- 5@9 The Triple Threat Throwdown Part II
Fay 30-62 sH 437-9280
- 6@9 The Triple Threat Throwdown Part III
Fay 33-65 F 437-9280

- 8@5:30 Sit-down @ Sam's
Brew 20-35 gR 454-0852
- 9@10 Jim's Choice: Grist Mill
Par 35 R 607-753-8892
- 11@10 Oneida Lake Excursion
Cic 12-65 F 458-4593. Includes NOVICE ride 445-2864.
- 12@8 The Dick Richards Memorial Century
CarBrk 62-101 R-H 446-2380. Profits go to the American Red Cross.
- 15@5:30 Hiatus after Hinmansville
OLP 17-32 F/R 451-1616
- 16@10 Jim's Choice: Skaneateles Lake
Skan 40 H 607-753-8892
- 18@10 Oracle at Delphi II
Man 14-33 F or R-H 449-1722
- 19@10 CrOs-we-go
Brew 30-65 F/R 298-5378
- 23@10 Jim's Choice: The Phoenix
Phx 30 R 607-753-8892
- 25@10 Thy Kingdom Come
Phx.A 21-50 gR 638-9544. Includes NOVICE ride 445-2365.
- 25 AIDS Work Ride for Life, Ithaca, New York 607-272-4098
www.aidswork.org
- 26@10 Lake View
Skan 40-65 R-H 445-2864
- 30@10 Jim's Choice: Little York
Preb 36 H 607-753-8892

October

- 1-3 OCC Pioneer Lodge Weekend
Turin 451-1616
- 2@10 Spooks Woods Spin
CarBrk 20-45 gR 626-2310
- 3@10 The Very Best Ride of the Season
Preb 40-65 R-H 607-753-8892
- 7@10 Jim's Choice: Happy Valley
Par 36 R 607-753-8892
- 9@10 Tour of 9-mile Creek
SyrW 10-39 R-H 472-6468
- 10@10 Clark Hollow Foliage Check
Jms 22-52 R-H 449-1722
- 14@10 Jim's Choice: Pottery and Bricks
OLP 25 R 607-753-8892
- 16@11 The Pie Ride
Aub 27-50 R-H 252-2127
- 17@11 Triple Lakes Tour
Man 14-67 R-H 445-2864
- 21@10 Jim's Choice: Last One
G.Lk 35 F 607-753-8892
- 23 or 24@11 Roads And Wine
Wine 23-46 R-H 445-2864
- 31@11 An Urban Halloween
SyrW 13-30 R-H 474-3891

November

- 06 or 07@12 Sampling Central NY's climatic changes
Min 20-35 F 449-1722
- 13 or 14@12 Curtain Call.
SyrC 12-30 F/R 474-3801. Last official ride of '99.

ONONDAGA CYCLING CLUB, INC.
P. O. BOX 6307 TEALL STATION
SYRACUSE, NY 13217-6307

RETURN SERVICE REQUESTED



Classified Ads

For Sale: MTB: Qranc downhill knee-shin protectors. Comfortable inner foam and outer hardshell. Used one season. \$25.00; WTB Primal Raptor tires. 2.1, white composite. Used twice. \$10 for set; Shimano Deore beartrap pedals (for commute or slalom competition) \$5; GT rigid MTB fork. New! best offer. Contact Lisa 446-1052 or nojaimla@maple.lemoyne.edu

For Sale: Cannondale 900 Series 2.8 frame, 8spd Ultegra STI, custom paint, 52cm, Look Pro Carbon Pedals, \$650. Call Laura at 662-3496

Advertisement Rates

Classified Ads: OCC Members can submit classified ads free of charge. Non-members can submit classified ads for \$5 for the first 30 words and \$5 for each additional 10 words. These fees can be applied towards the cost of full OCC membership in the same year.

Commercial Ads: Rates for one-issue camera-ready ads follow:

- Full Page.....\$68
- Half Page.....\$36
- Quarter Page.....\$19
- Business Card.....\$10
- Calendar Entry (25 words).....\$2

Discounts are available for larger ads and multiple issue ads. Please contact the editor for more information.